



The Shyne School Menu #1

July 17th-28th, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Yogurt w/granola Water	Hard Boiled Eggs Wheat Crackers Water	Fresh Fruit Thinwich Milk/Water	Trail Mix Milk Water	Animal Crackers Milk Water
LUNCH 12:00PM	Soft Tacos Fresh Fruit Milk	Spaghetti Mixed Vegetables Orange Smiles Milk	Avocado Sandwiches Fresh Fruit/Veggies Milk	Quesadillas Fresh Vegetables Seasonal Fruit Milk	Spinach Pesto Pasta w/shrimp Fruit Salad Milk
PM SNACK 2:30PM	Cheesy Muffins Seasonal Fruit Water	Apple Dippers Water	Baked Treat Milk Water	Veggies w/hummus Water	Popcorn Smoothie Water
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK 9:30AM	Vanilla Yogurt w/blueberries	Cheese Cubes Whole Wheat Crackers Water	Raisin Bread Milk Water	Bear Mix Water	Baked Treat Milk/Water
LUNCH 12:00PM	Sesame Soba Noodles Mandarins Milk	Pizza Muffins Fresh Carrots Fresh Fruit Milk	Cheese Sandwiches Olives Fresh Fruit/veggies Milk	Quinoa Salad Fresh Fruit Milk	Vegetarian Lime Orzo Fruit Salad Milk
PM SNACK 2:30PM	Soft Pretzels w/marinara Water	Apple Slices Toasted Chick Peas Water	Baked Treat Milk Water	Veggies w/spinach dip Water	Crackers w/cream cheese Carrot Sticks Water

Breakfast and snacks include two of the four food groups. Breakfast is served at 7:30. Lunch consists of all four food groups (grain, protein, fruit/vegetable, and dairy). Menus are rotated on a six week basis. Each week contains a vegetarian meal. We work hard to limit lunches to no more than one processed food item for lunch per week. Most meal items are made from scratch with whole grains and fresh fruits and vegetables. The Shyne School does not serve tree nuts.